

FITNESS COMMITTEE

June 11, 2020

5:00 – 6:00 PM

MINUTES

The Fitness Committee held a meeting via conference call on June 11, 2020, beginning at 5:10p.m.

Committee Members Present

Jennifer Eastman
Dr. Aruna Nathan (Chair)
Cameron Pollock
Namisa Kramer
Jason Semanoff
Dr. Mychelle Farmer

Committee Members Not Present

Julie Maneen
Joanne Roberts

Maryland Department of Health Staff Present

Nacole Smith

Dr. Nathan called the meeting to order at 5:10PM

1. Roll Call/Approval of Minutes

Dr. Nathan took roll call. A quorum of the Fitness Committee was present. The May 14, 2020 meeting minutes were approved by Jason and Namisa.

2. Discussion

Nacole updated the Committee about the social media message for the health observance, Family Health and Fitness Day. The Office of Communications has the social media message so we will wait to see if the Office will send out the message on June 13, 2020. Due to COVID-19 we will have to wait and see if the Office of Communications will hold off on sending messages that do not relate to COVID-19.

Dr. Farmer would like to send out messages on her personal social media pages and use the #MDFit150. Dr. Nathan wanted to hear from the Committee about their thoughts on COVID-19 and what we can do to promote #MDFit150. Cameron suggested we do a virtual presentation about the campaign to senior centers. He will reach out to some contacts to see how we can provide information about the campaign. Dr. Nathan would like to know if we need prior approval to do presentations in the community. Nacole will send Kristi, Director of the Center for Chronic Disease Prevention and Control, an email to seek approval. The Committee will create scripts and do a pre-recorded presentation to use when outreaching to the community about the #MDFit150 campaign. Dr. Nathan sent

the Committee a sample video as an example. She will create a script and have a draft ready by July 9, 2020, then the Committee will proceed with next steps after the script is finalized. The Committee will use the #MDFit150 logo as a water mark and wear Maryland colors for the video. Dr. Nathan is requesting that Committee members send her ideas for the script.

The Fitness Committee has a new member, Dr. Geeta Sharma. The May minutes were sent to her and she will be added to future meetings.

3. Adjournment

The meeting was adjourned at 5:51pm.

Next Steps:

- Nacole will send an email to Kristi seeking approval for conducting presentations to the community.
- Dr. Nathan will create a draft script to share with the Committee on July 9, 2020.
- Committee members send Dr. Nathan ideas for the script.

Next Meeting: July 9, 2020